

Consuming



Think of leftovers as time saved - you've got a cooked ingredient ready to use, what's not to love about leftovers!



Let your leftovers cool & keep them covered in the fridge for use the next day. You don't need anything fancy and no clingfilm necessary! A tupperware box or even just a plate over the top of your food will do.



HOLIDAY

Going away for the weekend and know you'll be cooking? This can be food waste mayhem OR you can simply pack some tupperware boxes and take any leftovers home with you. Potential huge food waste saving & means no cooking when you get home!



What to do with leftovers

REMEMBER!

Remembering what we put in the fridge the night before is half the battle so just make sure to **give your fridge a check before you start cooking**. We've put together some ideas on what to do with the most commonly wasted leftovers.



Rice

Pre-cooked rice made the day before is perfect for making an egg fried rice dish. Just make sure it is piping hot before serving.



Potatoes

Leftover cooked potatoes are a fantastic ingredient to have! Mashed potatoes can be used for fish cakes, Roast potatoes and baked potatoes can be turned into chips and boiled potatoes into potato salad.

CHECK THE
RECIPES OUT AT
THE END OF THE
TOPIC FOR
INSPIRATION





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Loving your leftovers

Pasta

If you've cooled your pasta down with some cold water & added a little bit of olive oil, it means using it up the next day is super easy for a pasta salad or similar.



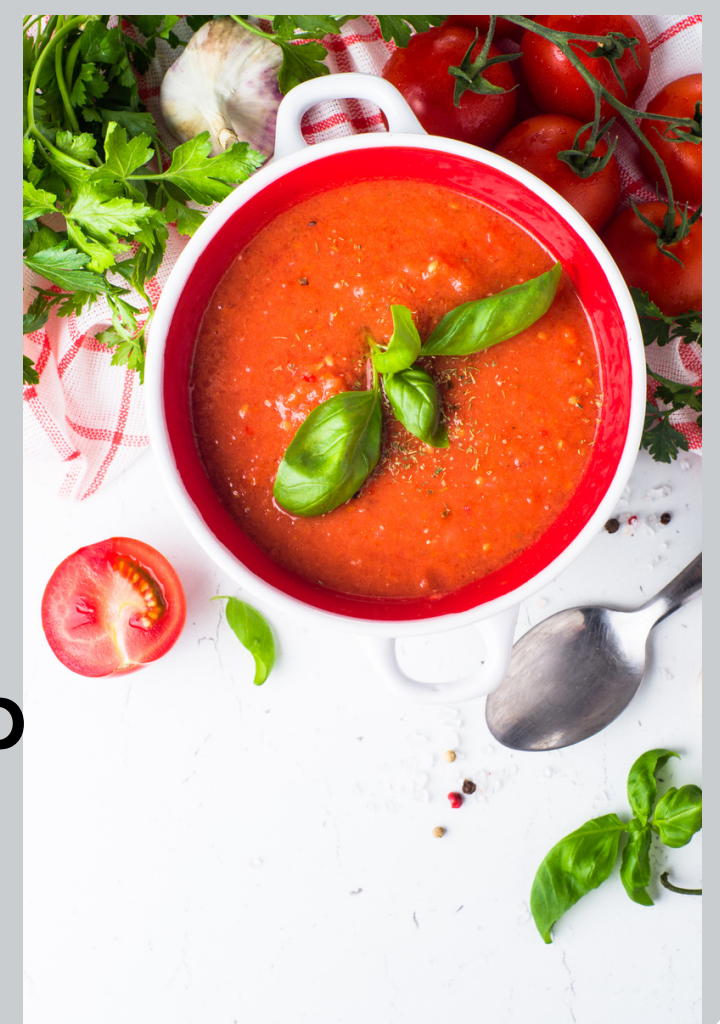
Sauces



Opened jars of sauces often end up in the bin as it's easy to forget how long they've been in the fridge for. **Labelling when you opened the jar** helps, as does using it up as soon as you can. The last of a jar of sauce can be used to flavour soups, stews, lasagnes and other sauces. Pesto & homous can be used on sandwiches or added in to jazz up potatoes or pastas.

Leftover Soups

Soups are a leftovers dream and almost anything can be added in. Pasta can be used to make minestrone soup, mashed potato will add a creamy texture and rice makes your soup a real filler upper of a meal. Any leftover meats & veg can of course also be added in.





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Make it delicious again!

Cake

If your cake has gone over into the 'not as fresh as you'd like' stage, pop it in the microwave for 30 seconds, it will make it soft, lovely and delicious all over again!



Leftover Omelettes

Making omelettes can be a quick, easy and filling way of using up any leftover cooked meats or veggies.



Yoghurt

Bit of yoghurt left in the tub that needs using up? Why not make a quick dressing for dipping in. Check out the recipe at the end.



Leftover burgers

You can make leftover burgers with just about any cooked ingredients at all whether it be a meat or vegetarian.

Just add the leftovers (chopped up small) breadcrumbs, eggs & some flavouring until they stick together and you are able to form some patties. Pop them in the fridge until set & fry or bake in the oven with a little oil.

Getting creative

Porridge

Made too much porridge? Don't worry, you can turn it into some tasty pancakes!



Milk



Milk about to go off and you know you won't finish it in your tea before then? A white sauce for either pasta or cauliflower cheese will help you to use it up.

Wine



If you've got a little bit of wine left at the end of the bottle, you can freeze it in ice cube trays and use it for pasta sauces or stews at a later date. You can also add these cubes of wine into a homemade sangria or similar!



The list is endless on what you can do with leftovers and these are just a few ideas you might like!
Check out the recipes & videos on the next page for some more ideas & inspiration.



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Recipes & Ideas

[Leftover porridge pancakes](#)

[Super easy yoghurt dressing](#)

[Easy Egg Fried Rice](#)

[White Sauce recipe](#)

[Potato Salad recipe](#)

[Lunches from dinner leftovers](#)

[10 ways to use up leftover bread](#)

Cooking Videos

[MOO FOOD Zerowaste Leek & Potato Soup Video](#)

[MOO FOOD Zerowaste Tomato & Carrot Soup Video](#)

[MOO FOOD Zerowaste Flat Bread Recipe](#)
With Strathpeffer Artisan Bread

[MOO FOOD Zerowaste Batch Cooking](#)





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Challenge

Time to get creative! If you often end up with extra leftovers of one kind or another, try making something else out of it instead. Try to keep an eye on your fridge and what needs using up - can you make sure that no leftover cooked food is going in the bin?

Before you start:



Take a note of how much prepared food you are putting in the bin.



What are the reasons? Forgot it was in the fridge or didn't know what to do with it?



Once you know why the leftover food is going in the bin, it is much easier to put steps in place to stop it happening.



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